

## STUDENT AFFAIRS

Your campus connection to explore interests and find purpose beyond the classroom.



**CARE SERVICES**, which is part of the Office of Health and Wellness at Florida Poly, works collaboratively to help students develop themselves using these primary values to guide support and services:

- **Leadership**-influence and guide one's own life
- **Collaboration**-working with others to create something new, including new perspectives
- **Innovation**-applying ideas that result in changes and new outlooks on life
- **Adaptability**-being able to adjust to changing conditions in life

# ASC EAST



## WHERE ARE WE

4700 Research Way  
Lakeland, Florida 33805  
ASC East - Room 124B

## OFFICE HOURS

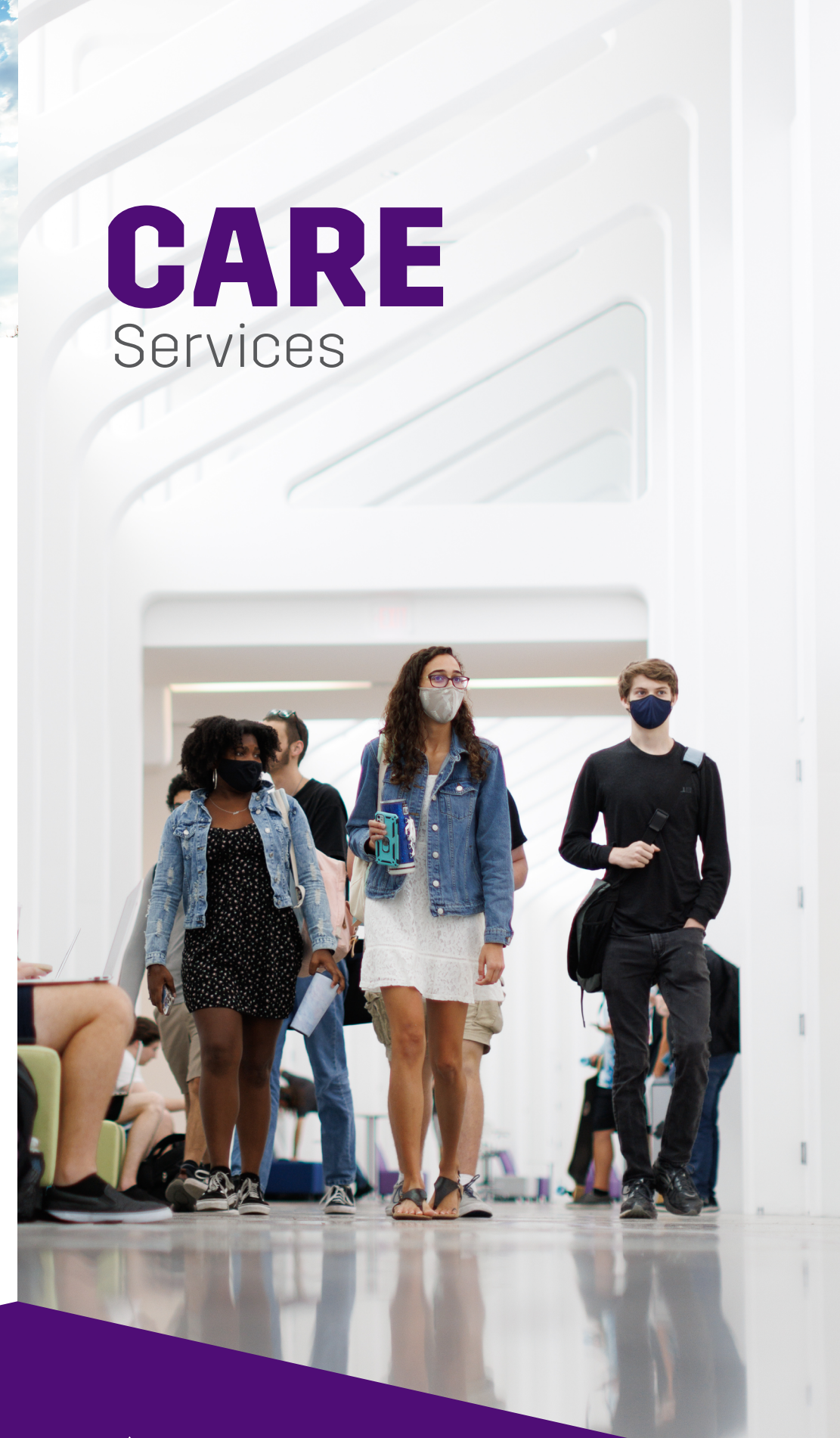
Monday-Friday  
8 a.m.-5 p.m.

## MORE INFORMATION

Care@floridapoly.edu  
863-874-8599  
[www.floridapoly.edu/student-affairs/health-wellness](http://www.floridapoly.edu/student-affairs/health-wellness)

# CARE

Services



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# RESOURCES FOR ALL STUDENTS

## BAY CARE'S STUDENT ASSISTANCE PROGRAM

800-878-5470  
24/7 help that is free, voluntary, and confidential

## PEACE RIVER CENTER

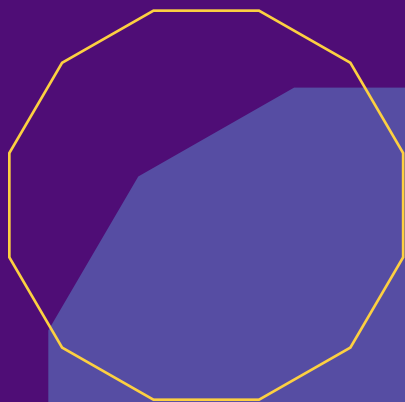
800-627-5906  
24-hour crisis line

## CAMPUS POLICE DEPARTMENT

Law enforcement is available on campus 24/7  
The non-emergency number is 863-874-8472

## NATIONAL SUICIDE PREVENTION LIFE-LINE

800-273-TALK (8255)  
24-hour crisis line  
Crisis Text Line  
Text HOME to 741741



# COUNSELING

Counseling is available on campus and through virtual platforms. Professional mental health clinicians assist students with the daily challenges of academics and their personal lives. Counseling can include getting help with:

- stress
- concern for a friend
- anxiety
- depression
- anger management
- conflict resolution
- relationship issues
- work/school/life balance
- sleep difficulty
- alcohol/drug use

# CARE SERVICES

CARE Services (Florida Poly's Health and Wellness program) can help students identify and overcome barriers that affect a student's ability to be successful at Florida Poly. These barriers can be academically related, but they can also include mental health concerns, financial concerns, or personal concerns. CARE services can help students get involved or connected on campus or within the community. Sometimes it can be difficult to navigate the University system in order to access services or resources. Staff can help students navigate these services or develop an action plan for success.

